

PREVENTIVE HEALTH GUIDANCE FOR OLDER CHILDREN

15-18 YEARS

NUTRITION

- 3 meals/day with good breakfast
- have meals with family/residential group
- nutritious snacks high in carbohydrates; limit high-fat or low-nutrient foods, e.g., candy, chips, soda
- include foods high in calcium and iron
- increase fruits, vegetables, grain products
- choose foods wisely in school cafeteria
- good eating habits/regular exercise will help manage weight
- **--weight** issues; sports-related dieting, eating disorders

PHYSICAL ASSESSMENT

- scoliosis
- determine BMI (body mass index)
- note: scoliosis, acne, caries
- evaluate Tanner stage
- females: teach self-breast exam; if sexually active do pelvic exam, examine for condyloma/lesions
- males: examine for hernias, condyloma/lesions testicular exam and self-exam

INJURY PREVENTION

- wear seat belt (driving or riding); don't drive with drinkers
- avoid alcohol
- no drag racing or "chicken" games
- use sunscreen when out-of-doors for long time
- use helmet when on bicycle, motorcycle, or ATV
- wear mouth guard/face protector when playing sports
- avoid high noise levels, e.g., music headphones
- avoid weapons/learn proper use; take gun safety course
- seek help if you fear you are in danger, if you are physically or sexually abused
- learn to protect self from physical/sexual/emotional abuse
- teach proper use of corrective devices - glasses, contacts, hearing aids

SEXUALITY

- know who you can talk to about sex in an open manner
- get accurate information re: birth control and STDs
- discuss abstinence; learn to say "no" to sex
- if choose to be sexually active, encourage practicing safe sex; limit # of partners; use latex condoms
- need understanding that normal sexual development includes interest and curiosity about members of the same sex

SCHOOL ISSUES

- responsible for school attendance, homework extracurricular activities
- think about/discuss college options, vocational training, military; other future goals

SOCIAL/PEER ISSUES

- respect the rights of others
- learn strategies to deal with negative pressures
- resolve conflict without violence
- learn how to handle anger appropriately
- saying no to friends with risky behaviors
- copycat behavior

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HEALTH HABITS

- learn stress control
- avoid tobacco (cigarettes and smokeless); discuss cessation indicated
- avoid chewing tobacco; discuss chewing cessation if indicated
- do not drink alcohol
- avoid drugs, steroids, diet pills
- brush teeth at least 2x/day and floss; take fluoride supplements if recommended
- schedule dental appointments every 6 months plan adequate rest
- discuss mental health/crisis intervention/depression
- discuss suicide potential

FAMILY ISSUES

- know family limits and established consequences
- establish good communication patterns
- give praise liberally; show affection
- review allowance and associated responsibilities encourage independence
- support job responsibilities
- violence potential
- witnessing of family violence